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fresh

NOVEMBER-DECEMBER 2015

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fresh new
look!



Find the recipe
for this elegant
holiday cake on
page 36

THE HOLIDAY ISSUE

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and do-it-yourself
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This was taken
at the new
Hannaford
store in
Portland, ME.
See page 14.

Big news at fresh

Welcome to the new *fresh* magazine! While it may look and feel a bit different, many of the things you count on each issue will remain the same. We'll still be spotlighting exciting new Hannaford products, sharing easy recipes (see our new *Dinner from the Fast Lane* series on page 8), and telling you the stories behind the region's great producers.

This issue is all about holiday traditions, from the *corn soufflé* on page 34, a family recipe from food editor Rebecca Moore, to the comforting *Swedish apple pie* on our back page, courtesy of a Hannaford shopper.

The holiday season may be all about culinary revelry, but it's also about giving back—which is why we urge you to learn more about *Hannaford Helps Fight Hunger* on page 20. It's an initiative that's a priority for new Hannaford president Michael Vail, too: "Hunger is affecting people in our communities, and that's true all year-round," Vail says. "We see during the holidays that our customers understand the need, and their generosity makes an important impact."

Wishing you a happy (and delicious) holiday,

Leah Mennies

Leah Mennies, Editor

Contributors



For "Hudson for the Holidays" (page 29), *fresh* island-based food writer *Molly Robinson* chatted with the owners of New York's Rusty Brook Farm Dairy about the importance of family traditions.



Massachusetts-based photographer *Michael Piazza* took on a tricky sweet assignment for the hour: shooting among other things, stars and beer drinkers (page 26) and the stunning *Pink Bird* cake on our cover.



Though she studied how painting is mixed, food is what really inspires *Rachel*. *Wine* (page 10) finds her rendering of a especially beautiful bag of onions (page 10) and her sketches of food (page 10).

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McCormick® Classic Roasted Turkey

1 whole turkey (14 lb.) fresh or frozen,
dressed
1 tbsp. oil
1 tbsp. McCormick Rubbed Sage
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2 tsp. McCormick Paprika
1 tsp. McCormick Ground Black Pepper
1 tsp. salt

PLACE turkey on rack in roasting pan. Brush with oil. Mix seasonings in small bowl. Sprinkle seasoning mixture evenly over turkey. Cover loosely with heavy-duty foil.

ROAST in preheated 325°F oven 2 hours, adding an extra 15 minutes per pound for larger turkeys. Remove foil. Roast 1 hour longer or until internal temperature in thigh reaches 165°F, basting occasionally with pan juices. Remove turkey from oven. Let stand 20 minutes. Reserve pan juices to make gravy or to serve with turkey.

Makes 12 servings.

Nutrition Information Per Serving: 493 Calories, Fat 21g, Saturated Fat 6g, Protein 75g, Carbohydrates 1g, Cholesterol 287mg, Sodium 461mg, Fiber 0g.



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seasonal produce / inspired ingredients / quick dinners

shop

One-Basket Wonders

These 14 items are all you need for three delicious meals.

Your Fast Lane Shopping List

PRODUCE AISLE

- Spaghetti squash, 1 medium
- Brussels sprouts, 1 1/2 lb. gross
- Garlic or flat leeks, 2 bundles
- Scallions, 1 bunch
- Baby spinach, 5-ounce container

MEAT, DAIRY, AND DELI SECTIONS

- Boneless pork loin roast, 3 pounds
- Kalamita's Place® spinach & garlic chicken sausage, 1 package
- Piven Greek yogurt, 1/2 cup

INTERNATIONAL AISLE

- Taste of Thai Pad Thai Sauce, 1 packet (gluten free version)
- **GRAINS, BEANS, AND COMMODITIES**
- Instant polenta, 1 package
- Conchigli beans, 1 (15.5-ounce) can
- Taste of Inspiration® bruschetta sauce (any flavor), 1 jar
- Taste of Inspiration® Maple & Sage Rub

TURN THE PAGE →
for recipes

Dinner from the Fast Lane



A great recipe shouldn't have to require a laundry list of ingredients. For this set of three unique dinners, all you need are the 14 ingredients from the shopping list on page 7. Start with the **roasted pork with pesto polenta**: The leftovers will go into two more exciting—but boring—meals. *By Rebecca Morris*

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Nutrition Choices Made Simpler® building SHOP® is a patented program that lets you quickly see how a product fits into your diet. Get it? One of our colored blocks up. Foods that earn stars offer the most nutritional value for the calories. One star is equal to a healthy choice. Two is best.



Good nutritional value
Better nutritional value
Best nutritional value

1

ROASTED PORK AND BRUSSELS SPROUTS WITH PESTO POLENTA

Active Time: 20 min

Total Time: 2 hours

Serves: 4

- 3 tablespoons Taste of Inspiration® Maple & Sage Rub
- 2 tablespoons vegetable oil
- Salt and pepper
- 1 pound Brussels sprouts, trimmed and halved
- 2 apples, cored and cut into 1/2" wedges
- 1 (2-pound) boneless pork loin roast, tied
- 6 cups water
- 1 1/2 cups instant polenta
- 1/4 cup Hannaford® Pesto Sauce



1. Adjust a rack to the upper-middle position and heat oven to 375 degrees. Combine maple rub, oil, and 2 teaspoons salt together. Toss Brussels sprouts and apples with 1 tablespoon rub mixture and transfer to a 9x13" baking dish.
2. Coat pork with remaining rub mixture and lay on top of Brussels sprouts and apples. Roast until golden brown and center reaches 140 degrees (1 to 1 1/4 hours). Cover dish with foil and set aside.
3. Meanwhile, bring water to boil in a large saucepan. Reduce heat to low, add 1 teaspoon salt, and slowly whisk in polenta. Continue to stir polenta until thickened, about 3 minutes. Remove from heat, stir in 2 tablespoons pesto and season with salt and pepper to taste.
4. Prep Ahead: For the chicken sausage and polenta pie (see next page), spread 3 cups of the hot polenta into a greased 9" trailer-size pie dish, refrigerate for up to

3 days. Cover remaining polenta to keep warm. **For the pork "pad Thai"** remove 1/3 of the cooked roast, wrap tightly and refrigerate up to 2 days. 3. Slice remaining 2/3 of pork into 12 pieces and arrange over Brussels sprouts and apples. Spoon remaining 2 tablespoons pesto over pork and serve with polenta.
Per Serving: 400 Calories, 15g Fat (1g Saturated Fat), 100mg Cholesterol, 100mg Sodium, 50g Carbohydrates, 8g Fiber, 40g Protein

2

SPAGHETTI SQUASH AND PORK "PAD THAI"

Active Time: 30 min

Total Time: 1 hour 30 min

Serves: 4

- 1 spaghetti squash
- 1 tablespoon vegetable oil
- 4 ounces Brussels sprouts, trimmed and sliced thin (about 1 cup)
- 1 reserved cooked pork loin (2 ounces), sliced into matchstick-sized pieces
- 2 cups baby spinach
- 1 packet Taste of Thai Pad Thai Sauce
- Salt and pepper
- 4 scallions, sliced thin



8

fresh

SHOP CODE
1044

weeknight meals



10*

While any variety of bruschetta sauce works, Roasted Red Pepper & Tomato is our favorite.

3

MEDITERRANEAN CHICKEN SAUSAGE AND POLENTA PIE

1. Heat oven to 400 degrees. Place squash off oven with a fork placed on a baking sheet, and roast until tender, about 1 hour. Have longhorns remove seeds, and take with a fork from top to bottom to create 4 cups of long strands.

2. Heat oil in a large nonstick skillet over medium-high heat until shimmering. Add squash and Brussels sprouts and cook stirring occasionally, until squash is browned, 8 to 10 minutes. Transfer to a large bowl.

3. Add pork, spinach, and pad thai sauce to hot skillet and cook until pork is heated through, about 3 minutes. Toss with squash Brussels sprout mixture and sausage with salt and pepper to taste. Garnish individual portions with scallions before serving.

Per Serving: 280 Calories, 3g Fat (2 1/2g Saturated Fat), 10mg Cholesterol, 200mg Sodium, 30g Carbohydrate, 1g Fiber, 21g Protein

Total Time: 30 min
Serves: 4

Coated polenta in pie dish, from pork recipe
2 tablespoons Marinara*
Pasta Sauce
1 (12-ounce) package Melani's® Italian chicken sausage, cut into 1/2" rounds
2 cups baby spinach
1 jar Tostitos® Inspirations® bruschetta sauce
1 (15.5-ounce) can cannellini beans, drained and rinsed
1/4 cup water
Salt and pepper
1 (1/2-cup) vegetable oil
1/2 cup Greek yogurt
2 scallions, chopped

green
rice

1. Insert polenta onto a plate and set aside; reserve pie dish.

2. Add pasta and sausage to a large nonstick skillet over medium heat, and cook until sausage is brown all over, about 5 minutes. Stir in spinach, bruschetta, beans, and water, and cook until spinach is wilted. Season with salt and pepper to taste, and transfer to reserved pie dish. Place polenta on top and brush with oil.

3. Adjust a rack 6" from the broiler element, and broil until polenta is golden brown, 10 to 15 minutes. Quarter pie, top with scallions, and serve with a dollop of yogurt.

Per Serving: 500 Calories, 16g Fat (3 1/2g Saturated Fat), 70mg Cholesterol, 1320mg Sodium, 50g Carbohydrate, 8g Fiber, 33g Protein

Salt, pepper, oils, and vinegars are considered pantry staples. For the full shopping list, see page 7.



Beef up Your Holiday

What you need to know before visiting the butcher counter. *By Caroline Hatake*



Get to Know Hannaford's Chad LeVasseur

Chad LeVasseur has worked in Hannaford's meat department for eight years, and today is meat and seafood manager at the store in Turner, Maine, where he oversees everything from ordering to cutting meat. Before landing at Hannaford, LeVasseur studied culinary arts at Johnson & Wales University and worked at restaurants like the Colony Hotel in Kennebunkport.

The Roasts with the Most

To help you choose the best roast for your budget and prepare it with ease, Hannaford meat expert **Chad LeVasseur** and fresh food editor **Rebecca Morris** offer up their advice.



BEEF TENDERLOIN

CL Ask your butcher to tie tenderloins with twine doing so ensures your roast will cook evenly and maintain its shape.

RM This narrow cut can quickly go from just right to overcooked, so protect your investment with a meat thermometer.

30

fresh

NON-DAIRY
30.5

insider's guide

Plan on ordering
1/2 to 3/4 pound of
meat per person in
advance.

999

STANDING RIB ROAST

CL Boost flavor by requesting your roast "Dress in Dill" from your butcher, who will remove the rib bones entirely and coatback them with dill.

SM For bone-in roasts, plan on ordering about 1 pound per person to account for the bone added weight.

999

STRIP ROAST

CL Cut from the same area as a tri-tip, strip, this is one of the leaner options available.

SM If you leave the fat cap on while cooking, this roast will be extra juicy.

99

SPOON ROAST

CL Also known as a flap, spoon, this boneless roast is fairly tender with a good amount of fat.

SM To make this budget call, take the 4-ounce roast with a tablespoon of salt and refrigerate for 24 hours. The salt tenderizes the meat, keeping it juicy.

9

TOP ROUND ROAST

CL The top round roast is very lean, with little to no marbling, though with some help of fat, can be tender.

SM Taste of Inspiration® Chicago Steakhouse Rub will enhance this roast's mild flavor. To save a step, have your butcher season it free of charge.

TIP

Cook beef "low and slow" (bust at 300 degrees until center reaches 120 degrees for medium-rare). Rest for 10 minutes to develop a crust, then let rest 30 minutes before serving.

Using Your Gourds

We asked **Kyle Gray**, produce manager at the **Hannaford in Burlington, Vermont**, to break down this autumn staple. —*CM*

Buying There are three important factors to consider when selecting a squash: shape, skin and weight. Most squashes are deep but should be deep enough to hold punches and cuts. A squash should feel firm and heavy for its size.

Storing Keep them at 45 to 50 degrees in a cool, dark area. Gray says, "Acorn squash is usable for up to three months after purchase, while cut squash will keep in the refrigerator for up to five days in an airtight container."

Prepping All squash rinds are technically edible, but in some varieties (like delicata and acorn) they're especially tender. If you decide to skip the peeler (just give the rind a thorough scrub), to cut, use your sharpest knife. Place your squash on its flattest side and with a light grip cut in half lengthwise. Before cooking, scoop out the seeds, which you can later roast.

Acorn Once sliced, this squash becomes an edible bowl. Maximize the shape by stuffing it with everything from vegetables and grains to meat and cheese.

TIP
If you don't have proper cutting equipment at home, find some at a Home Depot or hardware store. They'll break down any squash for you.

12

Cook

more info
mcsj

Spaghetti As its name suggests, spaghetti squash is often used as an alternative to noodles (see page 5). Be sure to avoid pale squash: "The more yellow it is, the more ripe," Gray says.

Butternut One of the most popular varieties, this squash is known for its subtle, nutty flavor and buttery texture. The rind is tender enough to be removed with a vegetable peeler for a recipe; see page 25.

Delicata It's a cross between an acorn squash and a sweet dumpling squash," Gray says of this eye-catching hybrid. Like acorn, it's not too heavy, which makes it a well-suited for stuffing.

Butternut Gray's personal favorite, butternut is one of the sweetest types of squash. Thanks to its smooth, dense texture when cooked, it's a great backdrop for sweet potatoes in custards and pie fillings.



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Ingredient spotlight

Switch up Your Sweets

1 HONEY

"It has a really strong flavor," Chang says of honey, which she uses in sweets that benefit from the added complexity, like frozen yogurt. In her book, Chang transforms Fløret's signature, brown sugar-loaded slinky bun. With a honey-infused cream cheese icing bun.

2 MAPLE SYRUP

One of the most natural options available—and a great way of buying local here in the Northeast—maple syrup is excellent when swapped for sugar in custards and pie fillings.

3 FRUIT

Chang recommends making fruit reductions and using them instead of white sugar in creamy desserts like pudding. She prefers dates, meanwhile, in buttery baked goods.

4 MOLASSES

Chang praises molasses for its caramelly notes, which work well in cookies. Though it can play a chewier cookie, Chang found that baking cookies, then re-baking them at a lower temperature was the crisp factor.

Baking with Less Sugar, bit.ly/changbooks.com



When Boston-based pastry whiz Joanne Chang began dabbling with sugar alternatives for her third cookbook, *Baking with Less Sugar*, the Flour Bakery owner discovered that getting creative with sweeteners added more mance to her desserts. "When you don't rely solely on [refined] sugar, every other ingredient comes through," she notes. Here's how Chang likes to mix up her baking routine. —C.H.



The Dietitian Says:

"It's important to remember that sugar-free doesn't mean carbohydrate-free," says Allison Stowell, a Hartford dietitian based in Carmel, New York. Below, she demystifies a few alternative sweeteners.



Stevia

Sold in raw and liquid form, this sweetener is the refined extract of a South American herb. "Stevia is about 200 times sweeter than sugar," Stowell says.



Agave Nectar

"It's shelf-stable and won't crystallize like honey," Stowell says. And thanks to a low glycemic index, it won't spike your blood sugar as much as white sugar.



Coconut Sugar

"Like agave, coconut sugar is considered to impact blood sugar less than table sugar," Stowell says. Try it in recipes that benefit from dark sugar.

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Maintaining Traditions, One Onion at a Time

Shopping for your first Thanksgiving can be daunting, especially if a family recipe is at stake. By Kara Rustin



I was surrounded by onions and about to cry, and I hadn't even started *roast* them yet. My woes began back in the produce aisle of the grocery store, as I agonized over which alliums were the right one for my family's time-honored onion casserole, armed only with my elderly aunt's recipe—which, of course, didn't specify which variety to use. This was my first time brooding Thanksgiving dinner, an undertaking I wanted to get right on my own, and I couldn't bear to be the one who botched the crucial dish.

With this recipe in particular, the stakes were high. Historically, my Aunt Mae, and later my mom's plan-a-meat cousin, Auntie El, was responsible for the onion casserole. "Oma or two?" was the familiar refrain on the Thanksgiving table as someone dug up some leechy dish, the juicy halves/biting in melted cheddar, coated in a buttery pocket of flax cracker crumbs. The onion, of course, was divine.

When the onion event? Spanish? French? To be safe, I loaded up on several types at every variety imaginable. Yellow onions seemed like too large, but the cooking process could've shrunk them. Might my aunt have used purple onions? Probably not, but perhaps they had just been thoughtfully picked? I grabbed several. Capelin's onions seemed about the right size, but also far too exotic for our family's dinner table.

On and on. By the time I walked out of the store, I was carrying five plastic bags full of onions in all shapes, sizes, and aromas.

My husband was cold-brothy before when I plowed through the door with my pungent purchases. He arched a brow and grabbed for my (admittedly lengthy) receipt.

"What happened?" he asked.

I explained my predicament. Unfortunately, he hadn't a clue, either. Mae was exacting his spend.

"Just call El," he said. "She won't mind."

And so, deflated and surrounded by bags of onions, I

packed up the phone to dial El in Washington, D.C.

"Kara?" she asked in her thick Rustin accent, voice now as even despite a cancer battle and diagnosis. "Purple onions? Like you'd put in a salad? Use the little onions—you know, boiling ones?" the flaxhead bawled.

I've thought of myself, I thought, they were plain old small white onions, the type that come in giant Skyrub's trays, wrapped in plastic.

As I hang up the phone, I didn't realize that asking El for help would be a blessing. It was one of the last conversations we would have. She died that spring. I still make her onion every year, of course, doused in plenty of pungent cheese. My mom, I learn the recipe by heart.



TIP

Tips for Thanksgiving Shopping

- Make your list in advance to eliminate an entire premature meltdown.
- Don't be afraid to ask for help—getting clarity on a recipe or technique from a friend up front is better than messing up the recipe just to keep your ego intact.
- Always leave people a beloved family recipe. These onion only have a few ingredients—shredded cheddar, onion, cracker crumbs—but they offer up a lifetime of memories.

By the time I walked out of the store, I was carrying five plastic bags full of onions in all shapes, sizes, and aromas.

STILL

2 CUPS

OF AMAZING CHEESE



NOW WITH LESS PACKAGING

★ GRILLED BRUSCHETTA CHICKEN



Prep Time: 25 min. plus refrigerating | Makes: 4 servings

WHAT YOU NEED

- 4 small boneless skinless chicken breasts (1 lb.)
- 1/4 cup KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese, divided
- 1 tomato, finely chopped
- 1/2 cup KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese
- 1/4 cup chopped fresh basil

MAKE IT

HEAT grill to medium heat.
PLACE chicken in large resealable plastic bag. Add 2 Tbsp. dressing, seal bag.
Turn bag over several times to evenly coat chicken with dressing.
Refrigerate 10 min. Remove chicken from bag; discard bag and dressing.
COVER grill. Grill chicken with sheet of foil-wrapped foil. Place chicken on uncovered side of grill grate; grill 6 min. Meanwhile, combine remaining dressing, tomatoes, cheese and basil.
TURN chicken over; place on foil. Top with tomato mixture. Grill 6 min. or until chicken is done (165°F).

Nutrition Information Per Serving: 10* 250 calories, 4g total fat, 2 g saturated fat, 75mg cholesterol, 340mg sodium, 4g total carbs, less than 1g dietary fiber, 2g sugars, 20g protein, 1250mg vitamin A, 450IU vitamin C, 1210mg calcium, 500mg iron.

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Makes about 24 (2 1/4 inch) cookies

7 oz (1 pkg or 14 tbsp) salted Finlandia® Imported Butter, softened
6 tbsp sugar, plus extra for coating
2 cups all-purpose flour
1 egg white beaten with 2 teaspoons cold water

Preheat oven to 325°F. Line a baking sheet with parchment paper.

In the bowl of a stand mixer, cream together butter and sugar on medium-high until light and fluffy, about 3 minutes. On the lowest speed, stir in flour, and mix just until blended.

Remove from mixer and knead dough into a ball. Chill dough for 1 hour. Working with half of the dough at a time, roll it to about 3/8" thick on a well-floured board. Cut into desired shapes and place cookies on prepared baking sheet. Brush with egg wash and decorate with sugar. Bake for 15 to 17 minutes or until lightly golden brown on bottom. Let cookies cool about 2 minutes on the pan, then transfer to a rack, sugar side up to cool completely.



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Overheard at Hannaford

Heading to a holiday party without a gift? We asked shoppers and employees at the Rutland, Vermont, store:

What's your go-to present in a pinch? —C.H.



REAGH GREENLEAF JR.

Local business owner

The Gift: Irish whiskey

Why? "It's in the Celtic art and music business, and I have a big Irish-American family."



MARISSA TANNER

High school health teacher

The Gift: Phone supplies

Why? "I grab Vermont Shake and Core Shakes—cheese, and crackers, and put it all together."



MIKE POTTER

Overage distributor

The Gift: Gift cards

Why? "They're handy and there are a lot of different choices. I always get one to Applebee's for my fiancée's parents."



HAYLEY FUNK

Hannaford Bakery associate

The Gift: Fruit tart

Why? "It has strawberries, lemons, raspberries, and blueberries, so it's festive and fancy."



helps

Fight Hunger This Season

Nearly 50 million Americans experienced hunger last year. This holiday season, make a difference with a Hannaford Helps Fight Hunger box of food staples. For \$10, your store will send the box—which includes items like tomato sauce, instant oatmeal, and peanut butter—to an area food pantry, or you can drop it off yourself. Below, check out how big of an impact a small donation can make. *By John Rappaport*



6.5

The amount of money, in millions, that the Hannaford Helps Fight Hunger Initiative has raised in donations since 2008

96,000

The number of boxes sold in 2014, which translates to 32,347 boxes of spaghetti, 23,336 cans of tomato sauce, 53,295 cans of vegetables, and 11,669 boxes of cereal

60

The number of meals, in millions, that Hannaford Helps Fight Hunger has helped create in the Northeast during the Initiative's lifetime

200

The number of local food pantries and meal programs that receive boxes across five states

"Hannaford is our biggest contributor, and we couldn't do it without the help of Hannaford supermarkets."

Don Brown, manager and vice president of Greater Food Pantry



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Sweeten the Season

with
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festive desserts / meatless meals / DIY gifts

cook

12

Rules to live by for a crowd-pleasing, stress-saving, thoroughly delicious holiday season.

Recipes by Rebecca Morris



The Paris-Brest cake is the ultimate holiday dessert. Get the recipe on page 34.



1 Let Your Breakfast Work the Night Shift

All this strata needs is a little legwork the evening before serving: The flavors will meld overnight in the fridge, and it's ready to stick in the oven as soon as you wake up. *By Anne R. Cappi*

WINE, SPIRITS, AND CIGARETTES

Active Time: 30 mins

Total Time: 1 1/2 hrs, plus 12 hrs overnight chilling

Serves: 8 to 10

You can also use a pre-baked dish for this recipe.

Makes Ahead: This recipe can be made through step 3, wrapped tightly in plastic wrap, and refrigerated, and then served up to 2 weeks. Let the strata sit at room temperature before baking.

1/2 tablespoon unsalted butter
1 (1-pound) loaf sliced country-style bread, cubed coarsely
10 ounces smoked deli ham (10 slices), halved

4 ripe pears, halved, cored, and sliced thin lengthwise

6 ounces Swiss cheese, shredded (1 1/2 cups)

12 large eggs

3 cups half-and-half

1 teaspoon fresh thyme leaves

1 tablespoon salt

1 teaspoon pepper

1. Grease a 9x13" baking dish with butter and cover bottom with about half of the bread slices. Top with an even layer of ham, followed by a layer of pears and 1/2 cup Swiss. Repeat layering with bread, ham, and another 1/2 cup Swiss.

2. Arrange remaining pears around the border of the dish, overlapping them by about half. Shingle remaining pieces of bread and ham in center until surface area is covered.

3. Whisk eggs, half and half, thyme salt, and pepper together in a large bowl until well combined. Slowly pour over dish and firmly press down with hands to completely submerge. Sprinkle with remaining 1/2 cup Swiss, corn, and refrigerate for at least 6 hours and up to 24.

4. To cook, heat oven to 350 degrees. Uncover and gently press down to re-submerge layers and bake until strata is golden brown and puffed, about 1 hour. Let cool 10 minutes before serving.

Per Serving: 640 cal. 45% A.D. 430 cal. 44%
27% fat, 10% saturated fat, 270mg
cholesterol, 120mg sodium, 34g
carbohydrate, 3g fiber, 33g protein

2 Impress the Vegetarians

Stuffed with protein-rich quinoa, salty feta, and tart cranberries, this roasted butternut squash makes a filling (and colorful) meatless entrée.

QUINOA, FETA, AND CRANBERRY-STUFFED SQUASH

Active Time: 45 minutes
Total Time: 1 hour and 45 minutes
Serves: 4

This recipe can be made through step 4 and refrigerated for up to 2 days.

1 butternut squash (about 3 pounds)
1 tablespoon olive oil
1 large shallot, minced
1/2 teaspoon minced fresh thyme
Salt and pepper
1 1/4 cup water
3/4 cup quinoa, rinsed
1/4 cup plus 2 tablespoons crumbled feta cheese
1/4 cup dried cranberries, chopped
2 tablespoons "Smile of Inspiration"
Honey Chipotle Grilling Sauce
1/8 cup halved pumpkin seeds (pepitas), toasted

1. Adjust a rack to the upper-middle position and heat oven to 400 degrees. Halve squash lengthwise; scoop out seeds, and place cutside down on a parchment-lined baking sheet. Roast until flesh pokes easily with a fork, about 1 hour.
2. WHILE squash is roasting, heat oil in a medium sautépan over medium heat and if shimmering. Add shallot, thyme, and 1/2 teaspoon salt, and cook until softened, about 1 minute. Add water and quinoa and bring to a simmer. Cover, reduce heat to low and cook until grains are just tender and liquid is absorbed, about 15 minutes; set aside.
3. To assemble: scoop flesh from squash centers, leaving a 1/2" border all around, and reserve 1/4 cup.
4. Add reserved squash, 1/4 cup feta, and cranberries to quinoa and mix until combined; season with salt and pepper to taste.
5. Stuff quinoa mixture into hollowed-out squash halves and brush with Honey Chipotle Grilling Sauce. Return to oven and bake until quinoa is heated through and golden brown all over, 10 to 15 minutes. Sprinkle with pepitas and remaining 2 tablespoons feta before serving.

Per serving: 420 Calories, 10g Fat (20g Saturated Fat), 10mg Cholesterol, 400mg Sodium, 80g Carbohydrate, 10g Fiber, 10g Protein



Key Ingredient
This smoky, spicy grilling sauce adds savory complexity.

holiday guide

3

Customize Your Cookies

These shortbread cookies are a snap to pull together. Simply blitz ingredients in a food processor, roll the dough into a log, and chill until sliceable. Go gourmet with one of our three variations.

SLICE-AND-BAKE SHORTBREAD COOKIES

Total Time: 45 min., plus chilling

Makes: about 40 cookies

Make-Ahead: Unbaked cookie logs can be frozen for up to 1 month. Baked cookies can be stored in an airtight container for up to 1 week.

1/2 cup granulated sugar

1/4 cup confectioner's sugar

3/4 teaspoon salt

1 cup (2 sticks) unsalted butter, softened

1 large egg yolk

1 1/2 teaspoons vanilla extract

2 cups all-purpose flour

1. Process sugars and salt in a food processor until finely ground, about 10 seconds. Add butter, egg yolk, and vanilla, and process until smooth and creamy, 15 seconds. Scrape down sides of bowl. Add flour, and pulse until dough comes into a ball.

2. Transfer dough to a lightly floured counter and roll into a 2" diameter log (length will vary based on variation). Wrap tightly with plastic wrap and refrigerate until very firm, at least 2 hours and up to 3 days.

3. Adjust the racks to the upper and lower middle positions and heat oven to 350 degrees. Slice chilled dough into 1/4"-thick rounds and place 1" apart on 2 parchment-lined baking sheets. Bake until edges are just golden, 12 to 15 minutes, switching and rotating pans halfway through. Let cool 10 minutes before transferring to a wire rack to cool completely.

Tip: Cookies 85-Calories, 1g Fat, 8g Total Carb, 10mg Cholesterol, 20mg Sodium, 8g Carbohydrate, 10Protein

COCONUT CHAI

Process 1 1/2 tablespoons loose-leaf tea (about 3 bags) with the sugars. Add 1/2 cup toasted **unsweetened shredded coconut** with the flour.

10 min.
15 min.
Try one of these inspired pairings.

ROSEMARY ALMOND

Process 1/2 cup toasted **slivered almonds** with the sugars. Add 1 1/2 tablespoons **infused fresh rosemary** with the flour.

CANDIED GINGER AND GAT

Process 1/2 cup **chopped candied ginger** with the sugars. Add 1/2 cup **milk** with the flour.



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4 Cook with Your Kids

By **Michelle** | **Tony Mares** and his son, Charlie, manage local farm-to-market food at the **Top & Trotter** restaurant in Boston.



If you visit The Kirkland Tap & Trotter restaurant in Bostonville, Massachusetts, you may notice that one of the guys peeling carrots in the kitchen is a bit smaller than the rest. This particular peep-cook isn't just any restaurant staffer, of course—it's Charlie Mares, the 7-year-old son of award-winning chef Tony Mares, who runs the family-friendly Kirkland, as well as his family's, Crigoe on Main, in neighboring Cambridge.

Charlie's starts working in the restaurant are one way that Mares teaches his son about commitment and responsibility. Another way? Cooking together at home. Leading up to the holidays, Charlie helps his mom, Caroline, crack eggs and weigh flour when baking gingerbread cookies and carrot cake. And come Hanukkah, he'll be making latkes with his dad.

"We like being in the kitchen when we make special stuff, and he likes being with family," Mares says.

That outside is coming together at the table, as well. "Some of our hardest and most restaurant memories come that way as kids. One way or another, Charlie will learn that," Mares says. "It's even more relevant now, with how crazy and fast our world is, with how crazy the times when the people we love sit at a table, break bread, laugh, and drink a lot of too much wine."

The key to getting kids engaged in cooking, Mares says, is all about how you fit into the task. "Hey buddy, help me peel these potatoes" is way better than saying, "You have to peel these potatoes!" he explains. "We keep things—if there's anything he wants to help out of, we say, 'Cool, man, you can help me with the next step instead.'"

VISIT

The Kirkland Tap & Trotter
417 Washington St., Bostonville,
MA, 617-259-6741,
thekirklandtapandtrotter.com

Crigoe on Main, 253 Main St.,
Cambridge, MA, 617-437-3300,
crigoeonmain.com

BOOK
holiday guide



Mixing the batter is a great task for kids, leave the frying to the adults.



SONY MAWS' PARSNIP-POTATO LATKES

Total Time: 45 min
Serves: 4 as a side

Olive oil can be substituted for the schmaltz in this recipe.

Make-Ahead: Finished latkes can be held at room temperature for up to 4 hours. To serve, reheat in a 400 degree oven until crisped and hot, about 5 minutes.

- 1 tablespoon plus 1/4 cup schmaltz (rendered chicken fat)
- 1 small onion, halved and sliced thin
- Salt and pepper
- 1 pound russet potatoes (about 3), peeled, shredded, and held in water
- 2 parsnips (5 ounces), peeled and shredded
- 1 large egg, lightly beaten
- 1/4 cup matzo meal
- Sour cream and apple sauce for serving (optional)

1. Heat 1 tablespoon schmaltz in a small skillet over medium heat until shimmering. Add onion and 1/2 teaspoon salt and cook until softened, 5 to 10 minutes. Transfer to a large bowl and set aside.
2. Drain potatoes and place in a clean kitchen towel. Squeeze and twist tightly to expel as much liquid as possible.
3. Add potatoes, parsnip, egg, matzo meal, remaining 1/2 teaspoon salt, and 1/4 teaspoon pepper to the onion and mix until combined.
4. Turn oven to warm to a large skillet, heat remaining 1/4 cup schmaltz over medium-high heat until shimmering. Working in

batches, place 1/4 cup portions of potato mixture in skillet. Flatten gently with a spatula, and fry until golden brown and crisp, about 5 minutes per side.

5. Transfer to a paper towel-lined baking sheet and place in warm oven. Season latkes with salt and pepper to taste and serve with sour cream and applesauce (if using).

Per Serving (200 calories): 10 fat (22.5g), saturated fat 5.0g (10.0g), cholesterol 50.0mg (10.0g), sodium 44.0g (1.8g), potassium 44.0g (1.0g).

5 Rethink Your Rolls

These dinner rolls are extra tender and fluffy thanks to a Japanese baking technique that uses a milk-based roux. Make them complete with a smear of whipped brown butter.

WHIPPED BROWN BUTTER

Makes 1 cup

Melt 1 stick **unsalted butter** in a skillet over medium heat, stirring frequently, until golden brown about 5 minutes. Transfer to a bowl and cool completely. Add another stick **softened unsalted butter**, 2 tablespoons **honey**, and 2 teaspoons **salt** to bowl and beat until fluffy. Can be refrigerated for up to 1 week.

For full recipe, see: 50 Creams and 125 Sauces and Dips King, No. 1000
Photo © 2016 by a professional food photographer

PULL-APART DINNER ROLLS

Active Time: 1 hour

Total Time: 3 hours 15 min.

Makes 24 rolls

Milk-Ahead: Dough can be prepared up to 30 days ahead, it is shaped and in baking dishes. Cover and refrigerate for up to 24 hours, then continue as directed in step 5. Rolls can be tightly wrapped and held at room temperature for up to 2 days.

5 cups all-purpose flour (25 ounces)

2 cups whole milk

¼ cup dried buttermilk powder

¼ cup honey

1 tablespoon instant yeast

2 teaspoons salt

6 tablespoons **softened butter**, cut into ½" pieces and softened

Egg Wash

1 large egg beaten with 1 tablespoon whole milk

1. Add 1½ cup flour to a small sauce pan and shake in 1 cup milk. Cook over medium heat, whisking constantly, until mixture resembles pudding. 2 to 5 minutes. Transfer to a bread mixer fitted with the hook attachment.

2. Add remaining 4 2/3 cup flour, 1 cup milk, buttermilk powder, honey, yeast, and salt to the work bowl and mix on low until combined. Increase speed to medium low and knead for 5 minutes.

3. With mixer running, add butter pieces one at a time until well-paired. Continue to knead until dough is smooth and slightly tacky about 15 minutes. Turn out onto lightly floured surface and knead briefly to form a smooth ball.

4. Transfer to a large greased bowl, cover, and let sit at room temperature until doubled in size about 45 minutes. Grease a 9x13" baking dish with a 9" round cake pan.

5. To shape, cut dough into 4 equal pieces and then cut each quarter into 6 pieces about 2 ounces each. Working one at a time, more dough is quick, circular motions with your palm until a tight ball forms. Arrange dough about ½" apart in prepared baking pans and cover with greased plastic wrap. Let sit at room temperature until doubled in size about 1 hour.

6. Adjust a rack to the middle position and heat oven to 375 degrees. Gently brush egg wash over the dough and bake until deep golden brown 20 to 25 minutes. Let cool for 10 minutes before serving.

Per Roll: 207 Calories, 7 grams fat, 12g

total fat, 41g carb, 10g protein, 100mg

cholesterol, 200mg sodium, 10g fiber, 40g

protein

30

drinks

www.fox.com



Slow cooker corn soufflé

6 Take the Heat Off Your Oven

All too often, holiday cooking becomes a battle for precious oven space. This year, bring a peacemaker to the table: the slow cooker. Here, it works wonders on creamy corn soufflé and sweet-and-savory glazed ham.

SLOW COOKER CORN SOUFFLÉ

Active Time: 30 minutes
Total Time: 2 hours
Serves: 10 to 12 as a side

Placing a towel between the lid and the slow cooker will prevent condensation from dripping onto the soufflé. **Make-Ahead:** The corn soufflé can be made and refrigerated up to 2 days in advance, warm to room temperature before adding in egg whites.

- 8 tablespoons unsalted butter
- 1 cup finely shredded Parmesan cheese (2 ounces)
- 1 onion, chopped fine
- 1 tablespoon salt
- 4 cups frozen corn kernels, thawed (15 ounces)
- 3/4 cup all-purpose flour
- 2 tablespoons minced fresh sage
- 1 clove garlic, minced
- 1 teaspoon ground pepper
- 3 cups whole milk, warmed
- 1 cup shredded cheddar cheese (4 ounces)
- 3/4 cup minced fresh parsley
- 6 large eggs, separated



1. Gr grease a 6-quart slow cooker and sprinkle with 1/4 cup Parmesan.
 2. Melt butter in a large pot over medium heat. Add onion and 1 table-spoon salt and cook until softened, 8 to 10 minutes. Stir in corn, flour, sage, garlic, and pepper and cook for 1 minute.
 3. Slowly whisk in milk, bring to a simmer, and stir frequently until milk has thickened, 5 minutes. Remove from heat, and stir in cheddar, 1/2 cup Parmesan, and 1/2 cup parsley. Let cool 5 minutes before stirring in egg yolks.
 4. In a large bowl, beat egg whites with an electric mixer on low until frothy. Increase speed to medium-high and beat until stiff peaks form, about 3 minutes. Stir 1/2 cup egg whites into corn mix-ture, then use a rubber spatula to fold in remaining whites.
 5. Pour into the prepared slow cooker and shape a kitchen towel over the top. Cover and cook on high for 2 hours, rotating crock halfway through. Before serving, sprinkle with remaining 1/4 cup parsley and 1/4 cup Parmesan.
- Per Serving (based on 12): 240 Calories, 14g fat, 41g Saturated Fat, 15mg Choles-terol, 830mg Sodium, 17g Carbohydrates, 1g Fiber, 10g Protein

HAM WITH PEACH-BOURBON GLAZE

Serves: 10 to 12

Place a 5-pound cooked spiral ham in a slow cooker. Rub 1/2 cup Taste of Inspiration® Peach Habanero Spread over ham, cover, and set on low for about 4 hours. Transfer to a platter and baste with 1/4 cup cooking liquid and another 1/4 cup peach spread and 2 tablespoons bourbon, and reduce to 1 cup. Brush over ham and serve.

Per Serving (based on 12): 200 Calories, 19g fat, 12g Saturated Fat, 60mg Choles-terol, 130mg Sodium, 15g Carbohydrates, 0g Fiber, 28g Protein

holiday guide

7 Make Your Gifts from Scratch

A nice bottle of wine always pleases, but homemade caramel or bacon jam guarantees an invitation to next year's bash. Here, find five make-at-home gift ideas. (Please be sure to save some for yourself.)



These recipes
are all
gluten-free.

CAJETA

Makes 3 cups

What: This Mexican-style smoky caramel sauce can be drizzled over ice cream, stirred into coffee, or eaten straight from the jar.

How: Bring 2 quarts **quarts milk**, 1 1/2 cups **sugar**, 1 **cinchuan stick**, 1 **star anise seed**, and 1 **teaspoon salt** to a simmer in a large pot. Remove from heat and stir in 1/2 **teaspoon baking soda**. Mixture will foam rapidly, stir constantly to prevent overflow. When foaming subsides, cook over medium heat until light brown, 45 minutes. Reduce heat to medium-high and cook, stirring frequently, until candy is golden brown and coats the back of a spoon (30 minutes). Can be refrigerated for up to 1 month.

Per 1 tablespoon: 50 Calories, 1.5g Fat, 1g Saturated Fat, 5mg Cholesterol, 10mg Sodium, 8g Carbohydrates, 0g Fiber, 0g Protein

PISTACHIO BUKKAKH

Makes 3 cups

What: Sprinkle this addictive Egyptian nut and spice blend on top of salads and dips, fold into cooked grains, or mix into plain yogurt for a savory snack.

How: In a dry skillet over medium-low heat, toast 1/2 cup **sesame seeds**, 1/2 cup **cardamom seeds**, and 1M cup **candle seeds** until just fragrant. Transfer to a food processor with 2 cups **toasted, shelled pistachios**, 1 **tablespoon salt**, and 1/2 **teaspoon ground pepper**. Pulse and coarsely ground. Store in an airtight container and rehydrate for up to 4 months.

Per 1 tablespoon: 40 Calories, 3.5g Fat, 1g Saturated Fat, 5mg Cholesterol, 100mg Sodium, 2g Carbohydrates, 1g Fiber, 2g Protein



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HOMEMADE CHOCOLATE SHELL

Makes 2 cups

What: This "magic" of three ingredient chocolate sauce will harden into a crisp, fudge shell when drizzled over ice cream or cold fruit. For a pillable DIY sundae kit, pair with a jar of maraschino cherries and caramel sauce.

How: Microwave 2 cups **chocolate chips**, 1/4 cup **coconut oil**, and 1/4 teaspoon **salt** in 30 second increments until melted for cook in a double boiler on stovetop. Transfer to a bottle or jar and store at room temperature for up to 1 month. To serve, run container under hot water or microwave until pourable.

Per 1 Tablespoon: 10 Calories, 5g Fat (3 g Saturated Fat), 0mg Cholesterol, 0mg Sodium, 1g Carbohydrate, 1g Fiber, 1g Protein

BACON JAM

Makes 2 cups

How: Cook 2 pounds **chopped bacon** in a large skillet over medium heat until crisp. Drain, reserving 2 tablespoons **bacon fat**. Add reserved fat to skillet with 2 cups **sliced onions**. Cook over medium low heat until sticky and caramelized, about 15 minutes. Add 1 cup **apple syrup**, 1/2 cup **apple cider vinegar**, and 1/4 cup **brown sugar**. Simmer over medium heat until the liquid has a syrup-like consistency, about 20 minutes. Let cool slightly, transfer to a food processor, and pulse until bacon is finely chopped. Can be refrigerated for up to 2 weeks.

Per 1 Tablespoon: 100 Calories, 5g Fat (1 g Saturated Fat), 0mg Cholesterol, 0mg Sodium, 1g Carbohydrate, 0g Fiber, 4g Protein

PEAR SHRUB WITH HONEY AND THYME

Makes 3 cups

What: Historically used to preserve fresh fruit, the vinegar based shrub has definitely staying power in the modern kitchen. A dish of this seasonal sorbet, made with pears and thyme, will brighten cocktails, salads, and even salad dressings.

How: In a large bowl, combine 2 cups **chopped pears**, 1 cup **sugar**, 1/2 cup **honey**, and 4 sprigs **thyme**. Cover and refrigerate overnight. Add 2 cups **apple cider vinegar**, re-cover, and refrigerate for at least two days and up to 1 week. Strain into clean bottle(s) and refrigerate for up to 4 months.

Per 1 Tablespoon: 35 Calories, 0g Fat (0g Saturated Fat), 0mg Cholesterol, 0mg Sodium, 1g Carbohydrate, 0g Fiber, 0g Protein

8 Brush up on Your Pastry Skills

Pastry chef **Chelsey Erickson** shares her recipe for the Paris-Brest, a stunning French cake that's easier than it looks.

Named for a bike race between Paris and the city of Brest, the Paris-Brest cake—with its round pastry shell and praline cream filling—was created to resemble a wheel. But thanks to its wheel-like shape and snowy confectioner's sugar topping, it's also a popular holiday dessert under at **Peasant Pastries** in Manchester, New Hampshire. Owner Chelsey Erickson (pictured), who also teaches classes out of her production kitchen, showed us a streamlined version geared toward the home cook.

VISIT:
Peasant Pastries, 301 Elm St.,
Manchester, NH, 603-331-6930.
Peasantpastries.com



PRALINE PASTE

Makes 1/2 cup

You can substitute chocolate hazelnut spread for the praline paste. **Make-Ahead:** Praline paste can be made up to 3 weeks in advance. Store in an airtight container in a cool, dark place.

Toss 1/2 cup **skinned hazelnuts** (or pecans) and 1/2 cup **sliced almonds** in a dry skillet over medium heat until almonds are lightly browned, 3 to 5 minutes. In a small saucepan over medium-high heat, dissolve 3/4 cup **sugar** in 1/4 cup **water** and simmer until syrup turns golden brown, 10 minutes. Remove pan from heat, stir in nuts, and transfer to greased parchment-lined baking sheet. Cool completely, break into 2" pieces, and process in food processor until finely ground. Add 1 tablespoon **vegetable oil** and 1/2 teaspoon **salt** and process into a smooth paste about 2 minutes.



1 Sprinkled nuts help a thin layer to coat.



2 Finished praline-white smooth.



3 Cakes are used more praline to finish.

COOK

holiday guide



1 Hold the bag upright when piping dough.



2 A serrated knife works best for slicing.



3 Press gently to spread filling.



4 When piping filling, use the pastry bag.



5 Eat immediately or refrigerate for up to 4 hours.

PARIS-BRESSE CAKE

Total Time: 2 hours
Serves: 8 to 10

Make-ahead: The cooled pastry circles can be wrapped tightly and frozen for up to 1 month. Bring to a 350-degree oven for 10 minutes; the cream filling can be refrigerated for up to 2 days. The assembled cake can be refrigerated for up to 4 hours.

Pastry Wreath:
5 large eggs, lightly beaten
1 cup water
8 tablespoons unsalted butter (2 sticks)
Flour salt
1 cup all-purpose flour
1/4 cup sliced almonds

Mascarpone Whipped Cream:
1 1/4 cups heavy cream
1 can mascarpone
1/2 cup confectioner's sugar, plus extra for dusting
1/2 cup orange zest (see recipe)

1. For the pastry wreath: Adjust the rack to the upper- and lower-middle positions and heat oven to 425 degrees. Reserve 2 tablespoons beaten egg and set aside. Line 2 baking sheets with parchment paper and place a 9" circle cardboard sheets. Flip the parchment over so it hangs over the edges. **2.** Bring water, butter, and salt to a boil. Remove from heat and stir in flour. Cook over medium-low heat, stirring constantly until mixture is semi-smooth and leaves a thin residue on the bottom of the pan, 2 to 3 minutes. Transfer to a large bowl and let cool 3 minutes. **3.** Using an electric mixer or a wooden spoon, add eggs in four batches, mixing thoroughly after each addition until completely incorporated and mixture becomes a smooth, sticky paste. Transfer dough to a pastry bag and cut a 1/2" wide opening. **4.** On 1 baking sheet, pipe a single circle of dough around the outside of the filling. Set aside. Roll the

bag with remaining dough if needed. On the remaining baking sheet, pipe a circle of dough along the inside of the filling. Pipe a second circle of dough snug around the outside of the first circle to make a wide circle. Pipe a third circle directly over the second one. **5.** Brush pastry circles with reserved egg and sprinkle almonds over wider circle. Place narrow pastry circle on the lower-middle rack, wider circle on the upper-middle, and bake for 20 minutes. Transfer the narrow circle to a wire rack to cool. **6.** Reduce oven temperature to 350 degrees and continue to bake wider circle until golden brown and firm, another 20 to 25 minutes. Transfer to a wire rack. Pierce side of pastry with the tip of a knife to release steam and let cool completely. **7. For the whipped cream:** In a large bowl, beat heavy cream, mascarpone, and sugar with an electric mixer on low until combined. Incorporate

medium-high and beat until medium peaks form, about 1 minute. Fold in orange zest with a rubber spatula until just combined. **8. To assemble:** Using a serrated knife, slice wide circle in half horizontally and place bottom half on a serving plate. Transfer 1 cup filling to a pastry bag fitted with a 1/2" star tip and pipe around the center of the bottom circle. Place narrow circle on top and press gently. Add remaining filling to bag and pipe, using a circular or zigzag pattern to cover completely. Pierce top half of circle on top, dust with confectioner's sugar and serve.
Per Serving (based on 10): 400 Calories, 31g Fat, 100g Carbohydrate, 100mg Cholesterol, 150mg Sodium, 20g Cholesterol, 1g Fiber, 7g Alcohol



9 Make Your Punch a Knockout

Old-school soda shop and cocktail lounge Vesta's Fizz House in Portland, Maine, serves cocktails alongside inspired non-alcoholic drinks. Here, co-owner Johanna Corman shares a festive version for the holidays.

WISD:
Vesta's Fizz House, 145 Free St.,
Portland, ME, 202-742-4301,
vestasfizzhouse.com

JOHANNA CORMAN'S MULLED CIDER AND POMEGRANATE PUNCH

Active Time: 10 min
Total Time: 4 hours
Serves: 15 to 20

2 quarts apple cider
3 cups pomegranate juice
4 cinnamon sticks
1 tablespoon whole cloves
1 tablespoon whole allspice berries
1 bottle sparkling cider
1 cup lime juice (about 8 limes)

For Serving (optional):
2 star fruit, sliced thin
1 orange, halved and sliced thin
1/2 cup pomegranate seeds
Cinnamon, nuts, or breads

1. Combine apple cider, pomegranate juice, and spices in a slow cooker. Cover and cook on low until cider is hot and spices are infused, 2 to 4 hours.

2. Before serving, remove spices with a slotted spoon and stir in sparkling cider and lime juice. Garnish individual mugs with sliced fruit, pomegranate seeds, and a splash of liquor (if using).

PER 1/2 CUP (150 CALORIES): 6g fat (10g saturated fat), 0mg cholesterol, 30mg sodium, 25g carbohydrates, 0g fiber, 20g carbs D.



10 Just Add Bubbly

Bring the cheer by topping any of these bases with your favorite sparkling wine.



POMEGRANATE SPARKLER

Start with: A splash of POM juice
Garnish with: Pomegranate seeds



RASPBERRY BLUSH

Start with: 1 tablespoon Taste of Innocence® Red Raspberry Fruit Syrup
Garnish with: A splash of Fresh Thyme



MAPLE LEAF

Start with: 1 tablespoon Taste of Innocence® 100% Pure Maple Syrup
Garnish with: A pinch of nut

11

Take a Shortcut (or Two)

To save yourself time on side dishes, let Hanneford pick up the slack with the mashed potatoes—we're fans of the home-style version, which is made with real butter and milk. Got leftovers handy? You're halfway to a hearty gnocchi dinner.

LEFTOVER MASHED POTATO SAUCES

Serve 4

In a large bowl, combine 2 cups **mashed potatoes**, 2 large **egg yolks**, 1 cup **flour**, and 1/2 cup **shredded Parmesan** (optional). Using your hands or a fork, stir until ingredients are fairly cohesive (a couple of lumps). Turn out onto a heavily floured surface and divide into 4 equal pieces. Roll pieces into long ropes about 3/8" in diameter and cut lengthwise into 1" pieces. Cook gnocchi in boiling water until they float, 2 to 3 minutes. Drain, toss with your favorite sauce, and serve.

Per Serving: 300 Calories, 8g Fat, 40g Carbs, 4g Pro, 10mg Cholesterol, 10mg Sodium, 40g Carbs/mv, 2g Fat, 1g Protein



12

Don't Forget to Relax

More important than perfecting the turkey? Keeping your cool in the kitchen. "Take time for yourself, whether that's exercising, breathing, or stretching," says Tara Nau Bardet, an exercise specialist and Hanneford's wellness manager. Here, her advice for staying mindful all season long. *By Julia Rappaport*

GET MOVING

When Nau Bardet doesn't have time to hit the gym, she staggers her exercise throughout the day in 15- to 10-minute chunks. Other tips she offers clients: Rather than booking a conference room, schedule a walking meeting; take the stairs instead of the elevator or escalator; and lean on the bright side of cooking the house for guests—it's built-in exercise.

STRETCH IT OUT

Daily stretching not only reduces stress, it also increases flexibility. If you sit in front of a computer screen all day, Nau Bardet recommends this full-body stretch. Stand facing your desk, feet hip distance apart and knees slightly bent. Grow the edge of a 5M Surface that is approximately waist high. Sit

back, dropping your head between your arms until your back is perpendicular to your legs. Hold for five deep breaths.

TAKE A BREATHER

Nau Bardet has two rules for the students in her exercise classes: "Breathe and smile!" Focusing on the breath, even briefly, can reduce blood pressure and have a calming effect. Try Nau Bardet's method by closing your eyes, placing one hand on your belly and one on your chest, and breathing in deeply through your nose and exhaling through your mouth. Work your way up to six to 10 deep breaths at least once a day (OK, and that's asking a lot). Studies show that just pulling on a happy face can actually reduce stress and turn around a bad mood.



Snack satisfaction
for the whole family.



Ring in the Holidays
with two GREAT Brands!

White Chocolate Cherry Cream Pie Bars

Ingredients:

- 18 chocolate cookies
- 3 Tbsp. butter, melted
- 8-ounce pkg. cream cheese, softened
- 1/2 cup sugar
- 1 tsp. almond extract
- 1/2 cup white chocolate chips
- 8-ounce whipped topping, thawed
- 21 oz. Lucky Leaf Cherry Pie Filling

Directions:

Mix crushed cookies and butter. Press mixture onto bottom of a 9x9 inch baking pan sprayed with cooking spray. Beat cream cheese, sugar and almond extract until smooth in a large bowl. Melt white chocolate in microwave according to package directions. While melted, pour into cream cheese mixture. Beat with electric mixer until smooth. Fold whipped topping into mixture. Pour evenly into crust. Cover and chill for at least 2 hours, or until ready to serve. Spoon Lucky Leaf Cherry Pie Filling on top just before serving.



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Hudson for the Holidays

Local bakery **Brantelle & Bread** offers up festive, simple Christmas morning recipes with a little help from the family behind **Rennybrook Farm Dairy**.

By **Nelly Sontheim**
Photographs by **Zach DeSart**

Nelly Sontheim is a writer
at www.101010.com and Rennybrook Farm Dairy.



Above: Clotted cream and cinnamon butter are a perfect match for warm pastries. Below: Ronsbrook's Cathy Durbity and granddaughter, Maya (left), welcome Benaglia & Broad's Rachel Sansone, Gabriele Gelshtein and their daughter, Noa.



For more than 40 years, Rons and Cathy Benaglia have lived in a yellow farmhouse in Amherst, New York, where they run **Ronsbrook Farm Bakery**, a multidimensional, all natural operation known for its rich, cream-head milk, drinkable yogurt, and award-winning egg nog. At the holidays, the farmhouse becomes family headquarters—dinner with 17 at the table isn't rare.

This year, on a hunt for holiday brunch inspiration, we asked the Benagias if we could invite the owners of **Benaglia & Broad** bakery—another family business from nearby Hudson—to create a new take on the classic meal.

Rachel Sansone and Gabriele Gelshtein married Benaglia & Broad to the restaurant. Today, crowds line up at their Warren Street shop for loaves of signature sourdough and cinnamon-wild breads, yeast wiches, and thick soups. When creating the menu for brunch at the farm, Sansone and Gelshtein focused on family-style platters, with a few surprises mixed in: coffee perked up with frothed egg nog, eggs baked in cream and nutmeg, and cranberry toast soldiers dressed with cheese.

"A great holiday is when you've eaten and everyone is relaxed and full and you realize it's gone," Gelshtein says. "It doesn't have to be fancy. The food doesn't have to be high-end. It's just comforting and fun."

The ranch is a blend of tradition, and is relatively easy to prepare. "No need to go insane," Gelshtein says. "We're all just home."

"It's not a groundbreaking play, our holidays," Sansone chimes in. "Moritz plays a big role. It's about being comfortable. Everybody has their tradition. And for us, it's all about the food."

THE MENU

Fresh Egg Nog "Lemon"

Lycopodium with Clotted Cream and
Amherst Cinnamon Butter

Dark-Potato Home Fries with Smoked
Turkey and Lemon-Honeyed Apples

Roasted Potatoes and Cheese

Smoked Eggs with Smoked Scrambled
and Toast Soldiers

Roasted Cauliflower "Steak"
with Kale, Baked Potatoes

● ● ● OVERS

Available 15 January 10:00 online.

Total Time: 1 hour

Address: 1200 Broadway

This recipe calls for two 6-oz. paper cups, but you can also use two muffin tins (will bake 24 popovers!). Serve with coffee, cream, drizzle below or butter and jam.

Softened butter for greasing pans

2. Given different types of

2 cups whole milk

4. Large effect

2. In a separate cell, add 100 µl of the cell suspension to each well of a 96-well plate.

1. Adjust a rack to the lower middle position and heat oven to 450 degrees. Grease two 6-cup popover pans with butter.

2. Whisk flour, milk, eggs, and salt together until just combined (batter will be lumpy). Fill each pan two-thirds full and bake 20 minutes.

3. Reduce oven to 350 degrees and continue baking until popovers are golden brown all over, 20 minutes.

4. Transfer to a wire rack, pierce tops with the tip of a knife to release steam, and let cool slightly before serving.

Per Recipe: 120 Calories, 3g Fat (11g Saturated Fat), 65mg Cholesterol, 360mg Sodium, 18g Carbohydrate, 1g Fiber, 4g Protein

CLOTTED CREAM

Abstract

Heavy means labeled
ultra-pasteurized will not set
properly, do not use

Turn oven to warm. Pour 4 cups **heavy cream** into a baking dish, cover with foil, and place in oven for 8 to 12 hours. Transfer to refrigerator and chill for 4 to 12 hours. Using a slotted spoon, gently skim thickened layer of cream from surface (discard this liquid as the whey). Stir to create soft peaks. Serve or transfer to an airtight container and refrigerate for up to 2 weeks.

Per 1 tablespoon (30 Calories, 1g Fat, 0g Saturated Fat, 40mg Cholesterol, 10mg Sodium, 1g Carbohydrates, 0g Fiber, 1g Protein)

Stained eggs will be
removed from the



TURMIP-POTATO HOME FRIES WITH SMOKED TROUT AND LEMON- HORSE RADISH AIOLI

Active
Time

Total Time: 1 hour 30 min
Serves: 12 as a side

You can substitute any variety of smoked fish, or fancy pickled in oil, for the trout. Taste of Inspiration® Horse Radish Aioli can be swapped for the homemade version.

- 3 turnips, peeled and diced into 1/2" pieces
- 3 russet potatoes, peeled, diced into 1/2" pieces, and held in water
- 1 1/2 cups olive or vegetable oil
- 6 celery stalks, cut diagonally into 1/2" pieces, plus 1/4 cup leaves for garnish
- 2 radishes, halved and sliced thin
- 8 small garlic cloves, peeled
- 1/3 cup Lemon-Horse Radish Aioli, plus 2 tablespoons for serving (see recipe)
- Salt and pepper
- 6 ounces smoked trout, broken into coarse pieces
- 2 tablespoons fresh parsley leaves, for garnish

to
drink

**Pretty Egnog
"Latter".**
Fill a pint-sized mason jar halfway with eggnog. Seal and shake vigorously until frothy and doubled in volume. Remove lid and microwave about 30 seconds. Using a spoon to hold back foam, pour hot eggnog into cups filled with coffee. Top each cup with foam.

- Bring a large pot of salted water to a boil. Add turnips and potatoes and boil until fork tender, 4 to 6 minutes. Drain and transfer to a baking sheet to cool completely.
- Heat 1/2 cup oil in a large skillet over medium-high heat until shimmering. Add celery, onions, and garlic, and cook, stirring frequently, until onions are golden brown, 10 to 12 minutes. Transfer to a large bowl.
- Wipe the skillet and heat remaining 1 cup oil over medium-high heat until shimmering. Working in 3 batches, cook lump potato mixture until golden brown and crispy, 5 to 7 minutes. Transfer to bowl with celery-onion mixture and repeat with remaining batches.
- Add aioli to bowl and toss to combine. Season with salt and pepper to taste and transfer to platter. Top with trout, celery leaves, and parsley and drizzle with extra aioli.

Per Serving: 460 Cal or less, 36g Fat (6g saturated Fat), 15mg Cholesterol, 100mg Sodium, 15g Carbohydrates, 4g fiber, 70 Protein.

LEMON-HORSE RADISH AIOLI

Makes: 1 cup

Combine 1 large egg, 2 tablespoons lemon juice, and 1 tablespoon grated horseradish in a food processor or blender and mix on low until combined. With machine running, drizzle 1 cup olive oil in a slow stream until mixture is thick and creamy. Season with salt and pepper to taste. Aioli can be refrigerated for up to 3 days.

Per 1-tablespoon (20 Calories): 160 Cal (12g Saturated Fat), 15mg Cholesterol, 10mg Sodium, 10g Carbohydrates, 3g Protein, 0g Fiber.

BRAISED BEETS AND CHORIZO

Active Time: 1 hour
Total Time: 1 hour 45 min
Serves: 10 to 12 as a side

Active
Time

Reserve 1/2 cup finished braising liquid for the Lead Golden's recipe on page 48.

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fresh

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S&P



- 1 cup olive oil
- 4 links dried Spanish-style chorizo, sliced thin
- 12 beets, scrubbed and sliced thin
- 12 red onions, halved and sliced thin
- 1/2 cup chopped fresh mint, plus extra for garnish
- 1/2 cup chopped fresh parsley, plus extra for garnish
- 1/4 cup balsamic vinegar
- 4 cloves garlic, sliced thin



2 tablespoons fresh thyme leaves
 1/2 teaspoon crushed red pepper
 1/2 teaspoon salt

1. Heat oil in a large skillet over medium-high heat until shimmering. Add chorizo and cook, stirring frequently, until golden brown, about 5 minutes. Using a slotted spoon, transfer to a bowl and set aside.

2. Working in batches, cook beets in rendered chorizo fat until tender and browned, about 5 minutes.

3. Return beets and chorizo to skillet. Stir in remaining ingredients plus enough water to cover the beets. Cover partially with a lid and simmer over low heat until liquid is reduced and glaze-like, about 45 minutes.

4. Using a slotted spoon, transfer to a platter and garnish with more

parsley and mint before serving; reserve leftover cooking liquid for bean soldiers.

Per Serving (based on 12): 385 Calories, 25g Fat, 17g Saturated Fat, 25mg Cholesterol, 430mg Sodium, 14g Carbohydrates, 4g Fiber, 7g Protein



Smoking paprika: It's a heavy hitter in the healthy kitchen. In recipe: Gouda and cheddar.

LIVE

entertaining

TOAST SOLDIERS

Makes about 24

You can substitute olive oil for the melted butter and cheddar cooking liquid. Serve with shredded eggs.

Heat an oven to 350 degrees. Cut an **unwaxed chicken or brisole** loaf crosswise into 1/2-inch slices, and then cut each slice lengthwise into 1/2-inch "fingers." Place on a parchment-lined baking sheet and brush all over with 1/2 cup reserved **herb-and-cheddar cooking liquid**. Bake until toasted, 8 to 10 minutes.

Diet Points: 10. **Calories:** 15. **Fat:** 5g. **Saturated Fat:** 0mg. **Cholesterol:** 30mg. **Sodium:** 25mg. **Carbohydrates:** 1g. **Fiber:** 0g. **Protein:** 1g.

ROASTED CAULIFLOWER "STEAKS" WITH KALE SALSA VERDE

Serve 10 to 12

You can substitute a lemon or an orange for the grapefruit. To make this gluten-free, omit the bread crumbs. You can serve this warm or at room temperature.

Make-ahead: The salsa verde can be made and refrigerated for up to 1 week.

2 large cauliflower heads
3/4 cup olive oil
Salt and pepper
2 cups kale leaves
1/4 cup bread crumbs (optional)

1/4 cup fresh parsley leaves
1/4 cup fresh mint leaves
1 tablespoon capers, rinsed
1 tablespoon fresh grapefruit juice plus 1 teaspoon zest
1 teaspoon red wine vinegar
1 small clove garlic, peeled
pinch crushed red pepper flakes

To serve:

1/2 cup hazelnuts, walnuts, or pistachios, toasted and chopped
1 tablespoon roughly chopped fresh dill leaves

1. Adjust the rack to the upper and lower middle positions and heat oven to 425 degrees. Trim leaves and stem from cauliflower, leaving cores intact. Slice cauliflower from top to stem into eight 1/2-inch-thick steaks and transfer to 2 parchment-lined baking sheets.
2. Coat "steaks" all over with 1/4 cup olive oil and season with 1 teaspoon each of salt and pepper. Roast until cauliflower is golden brown and tender, 15 to 20 minutes.
3. Meanwhile, add remaining ingredients plus 1/2 cup oil to a food processor and pulse until kale is coarsely chopped, 5 to 10 pulses. Season with salt and pepper to taste.
4. To serve: Transfer roasted cauliflower to a platter and drizzle with salsa verde. Garnish with hazelnuts and dill leaves before serving.

Per Serving (based on 12): 160 Calories, 17g Fat, 12g Saturated Fat, 0mg Cholesterol, 200mg Sodium, 8g Carbohydrates, 2g Fiber, 3g Protein.



SHREDDED EGGS WITH SMOKED SCAMORZA

Total Time: 30 min

Makes 8

You can substitute smoked Gouda or cheddar cheese for the scamorza. Use any 3- or 4-ounce oven-safe cups or jars in place of the ramekins.

12 large eggs
3/4 cup heavy cream
Salt and pepper
Mustard, freshly grated
3 ounces smoked scamorza cheese, grated (about 1 cup)
12 sprigs fresh thyme

1. Adjust a rack to the middle position and heat oven to 425 degrees. 2. Place 12 ramekins on a rimmed baking sheet. Crack an egg into each one, then top with 1 tablespoon cream and a pinch each of salt, pepper, and mustard. Sprinkle scamorza evenly over eggs and garnish with thyme sprigs.

3. Bake until whites are just cooked and yolks are runny, 8 to 10 minutes. **Per Plate (4 of 12):** 130 Calories, 10g Fat, 5g Saturated Fat, 100mg Cholesterol, 300mg Sodium, 1g Carbohydrates, 0g Fiber, 7g Protein.



Everyone's favorite tradition. And
for us, it's all about the food.
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Deliciously Festive.



A RICH, CREAMY AND WORLD CLASS FESTIVE FONDUE FEATURING ORGANIC VALLEY'S AWARD WINNING RAW SHARP CHEDDAR CHEESE.



FESTIVE CHEDDAR FONDUE

INGREDIENTS

- 3 tablespoons Organic Valley European-style Cultured Butter
- 3 tablespoons flour
- 1 cup Organic Valley Whole Milk
- 2 cups Organic Valley Raw Sharp Cheddar Cheese
- 4 apples (medium-sized)

DIRECTIONS

Simply melt Organic Valley European-style butter in a fondue pot (or heavy saucepan over low heat). Slowly whisk in flour and mix well. Gradually whisk in warm milk and stir until thickened. Add cheddar Organic Valley Raw Sharp Cheddar cheese, and mix until melted. Serve with sliced Granny Smith apples. Enjoy!!

Find more delicious holiday recipes at www.organicvalley.com/recipes



Bringing the Good



day in the life

Bringing Home the Bacon

Get an inside look at how North Country Smokehouse's top-selling product gets made. By Caroline Hatzuo

North Country Smokehouse in Clarendon, New Hampshire, isn't its smokes look in any way, Abraham Sazon, who started selling meat out of a single wooden cart in 1991. While the company today is considerably larger, and its methodology a bit more sophisticated, the smokehouse stands as one's quarter mile from where Sazon originally set up shop. The business, now under new ownership, is actually poised for even more growth, with a several facility slated to open in 2017 to meet demand for North Country's smoked hams, turkeys, sausages, and—most crucially—dried apple-wood-smoked bacon. It's a product there's a fan for, with about 60,000 pounds produced each year.

"People say they'll have bacon with their bacon," says Mike Sazon, Abraham's grandson, who oversees the New Hampshire operation.

Here, a look at how the bacon gets made.



1. Pork belly (also plus raised in a family farm in Quebec) sits cured for up to five days in a brine that includes salt, brown sugar, and maple syrup from nearby Smokeless Farm.

2. Each smokehouse holds 2,000 to 3,000 pounds of pork belly, which is pregrated (some of bacon hangers strips up by hand, a process known as combing).

3. Meat companies use liquid smoke today—they spray it onto the meat," Sazon says. "We still use the old-fashioned way of smoking, and that's with wood chips." After a few years of experimenting, Sazon was mostly applewood mixed with a bit of hickory.

4. After getting discarded, the pork belly goes into the slicing machine, where it's cut into various thicknesses. At about 10 to 15 slices per pound, the North Country bacon that Harwood sells is thicker than commercial varieties.

5. Sazon says it takes about two days to get the final product from North Country Smokehouse to Harwood stores.

heirloom recipe

Swedish Apple Pie
 This is a family recipe that I have been making since I was a child. It is a simple recipe with a few ingredients. I have been making it for many years and it is always a hit. I have been making it for many years and it is always a hit. I have been making it for many years and it is always a hit.



My Mother-in-Law's Swedish Apple Pie



"When my mother-in-law gave me the recipe, I thought, 'It's not even a real pie!' But I love making it because it is so much easier."

Mary Lister of Beverly, Mass., says all this riff on classic apple pie. She makes hers with Cortland apples and serves it warm, topped with vanilla ice cream.

By Julia Rappaport

SWEDISH APPLE PIE

Active Time: 30 min
Total Time: 1 hour 20 min
Serves: 6 to 8

5 apples, peeled, cored, halved, and cut into 1/2"-thick wedges
1 teaspoon cinnamon
1 teaspoon plus 1 cup sugar
12 tablespoons unsalted butter
1 cup all-purpose flour
1 large egg
1/4 teaspoon salt

1. Adjust a rack to the upper middle position and heat oven to 350 degrees. Fill a 9- or 10" pie dish with sliced apples and sprinkle with cinnamon and 1 teaspoon sugar.
2. Melt butter in a medium saucepan. Remove from heat and whisk in remaining 1 cup sugar. Pour egg and salt until combined.
3. Pour mixture over apples and bake until apples are tender and crust is golden brown and crisp, 45 minutes to 1 hour.

Per Serving (Based on 8): 340
 Calories, 84g fat, 11g saturated fat,
 70mg cholesterol, 11mg sodium, 44g
 carbohydrates, 3g fiber, 3g protein

Have a favorite family recipe? We'd love to see it! Email freshmama@johnrowmedia.com. Or share it on social media with the hashtag [JohnRowMedia](https://twitter.com/JohnRowMedia).



Serve a star pairing for the holidays.

CHEDDAR

Semi-Hard Cheese

Saunder Cheese: Gaspere, Gouda, Gilly

Tasting Note: Crisp hops cut through the richness of the cheddar and bring out a gorgeous flavor on your palate, leaving pants wanting more.

PEPPER JACK

Spicy Cheese

Saunder Cheese: Chapote Pepper Gouda, Veracruz Cheese

Tasting Note: Well-balanced flavors even out the firmness of the cheese, resulting in a wonderful harmony of spicy and smooth.

MELTED MOZZARELLA

Mild and Semi-Soft Cheese

Other Cheese: Provolone, Provolone, Parmesan

Tasting Note: Slightly sweet milk and light hops accentuate the creaminess of melted cheese, making it a perfect accompaniment to pasta, pizza and simple Belgian croquettes.

StellaArtois.com

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COBURN FAMILY, Richmond, VT

One of the 1,200 farm families who own Cabot Creamery Cooperative



CHEDDAR, PISTACHIO & CRANBERRY "POPS"

Makes about 2 dozen appetizers
or 12 appetizer servings

INGREDIENTS

- 3 ounces Cabot New York String Cheese
Cheddar, Cabot Extra Sharp Cheddar,
or Cabot Sharp Light Cheddar,
CHUNKED (about 2 cups)

About 1/2 cup Cabot 2% Plain
Greek Style Yogurt or Cabot Plain
Greek Style Yogurt

1/2 cup finely chopped pistachios

1/2 cup finely chopped
dried cranberries

About 24 small pieces fresh
raspberry (optional)

DIRECTIONS

1. In medium bowl with fork, mix/mash together cheese and enough of yogurt to make mixture that holds together well. Shape into about 2 dozen (1-1 1/2") balls.
2. In another bowl, mix together pistachios and cranberries. Roll each ball in mixture, pressing in firmly to coat. Cover and refrigerate until ready to serve. Just before serving, insert small piece of raspberry in each ball if desired.

NUTRITION ANALYSIS: Calories 124 Total Fat 4g Saturated Fat 3.5g
Cholesterol 20mg Sodium 120mg Carbohydrates 1g Dietary Fiber 0g
Protein 8g Calcium 15mg

For more recipes, visit: cabotcheese.coop